

Parent Conference**May 10- 5pm**

“6 Tips for swim parents on why swimmers quit”

**VOLUNTEER NOW!**

Volunteers needed to help decorate for the Cabaret May 12. Click the link above to sign up online.

**SCHOOLS OUT CAMP!**

May 18= No school day camp

Sign up today!

**CABARET TICKETS****ONLINE!**

CABARET TICKETS ARE AVAILABLE ONLINE OR STOP BY THE OFFICE FOR MORE TICKETS TO SELL.

NEWSLETTER

www.reginadolphins.com / office@reginadolphins.com / [Facebook](#) / [Twitter](#) / (306) 586-3909

Cinco de Mayo Cabaret

Hello Rods Parents:

As our annual Cinco de Mayo Cabaret is quickly approaching (May 12th) we are encouraged by the number of ticket sales we have seen. Remember by selling tickets, this is your last chance to raise money for your swimmers' fundraising account. The more people that attend, the more funds are raised for the club.



For each ticket sold you can enter your name into a draw for **1 free month of swimming** for your swimmer! If your name is drawn, you must be in attendance at that time. Make sure to put your name on the tickets that you sold or gave away.

We have some fantastic live auction items including Winnipeg Jets Tickets, and an overnight stay in Winnipeg; commissioned Jason Robins paintings; a huge gift basket from Vic's Tavern including a Private party room rental; and a Chef tasting for 4 from a local restaurant.

It would be wonderful to see everyone there! It is always a lot of fun and a great way to meet and socialize with parents from the team.

Team Potluck

Lawson Green Space Friday 18th May @ 6:00PM

The RODS family invites you to the **4th TEAM Picnic**. It's a great opportunity to meet the coaches & other members in the Dolphins Family.
Please come & join us and share in GOOD times, GOOD food & GREAT company.
We ask each different group to provide for the potluck picnic.

Star HP, Junior HP: Salads (Pasta, Grain, etc.)

Junior Nat: Dessert

Prospect Nat, Prospect Dev, Jr Dev A & B: Cold Meats & Drinks
Pre-Competitive (Bronze, Silver, & Gold): Bread & Cheese

If you have any questions please contact us
office@reginadolphins.com



Schools Out Day Camp.

Date: Friday May 18th (sign Up my May 15th)

Groups invited

Pre Competitive Groups - Bronze, Silver and Gold

Competitive groups - Prospects Development and National
(and any swimmer friends)

Time: 9:00am-4:00pm

Venue: Lawson Aquatic Centre

Cost: \$35 full day \$25 Half day (9-12) - Payable by Cheque
to *Regina Optimist Dolphins Swim Club*

We are offering Early Drop off and late Pick up
for \$20 (please request in sign up)

Camp will include: 2x swim practice based on technique
and fun, dryland, team games .

Swimmers should bring Swim Gear, Dryland clothes (for
indoor and outdoor - weather depending)

Swimmers to provide their own snacks and lunch

Sign up Today - these camps are a great way for the kids to learn, have fun, make new friends, but also for parents to save their days off for other times in the year.

Let us take care of your swimmer for the Day.



DEADLINE TO ORDER MAY 10, 2018- MUST order using the link below!

My name is Ava, I swim with the RODS on Prospect National. In March, we tragically lost our one-of-a-kind friend and teammate, Anna Rondeau. She was so special to us and we were so lucky to have Anna in our lives (and lanes!).

This cap was designed as a way to keep Anna in our hearts while we swim. We will be selling the caps as a way to raise money for the scholarship created in Anna's name.

(more info can be found here: <https://ca.gofundme.com/anna-rondeau-memorial-scholarship>)

Caps are available for purchase via pre-order. We are selling the silicon caps for \$20 with ALL proceeds going to Anna's memorial scholarship. **The deadline to order will be May 10, 2018.**

Orders can be placed here:

<https://goo.gl/forms/itIC2lE7mkJdQI8C2>

Support the sport of Swimming

Please take a moment to read and sign the petition to support our swimmer and coach Daniel Gomez. His old club is in danger of losing their pool and limiting competitive swimming in favour of a recreation centre. Lets all support our fellow swimmers by signing online and showing our solidarity and the importance of the sport. [Sign Here!](#)

Rider Games and Eagle's Concert Requirements:



For those working the concerts and Rider games, here is the link for the course, it took Roy and Maxine 45 minutes. The cost is \$10 by credit card. When you are done please print off certificate and get a copy for the office please. Also need a police check if you didn't last year and they are \$10 as well. We will also need a copy of those in the office. I have been told that there might be new tills so may have new training, but I will keep you updated as I find out.

Thank you

Leigh

<http://industry.tourismsaskatchewan.com/education-and-training/stec-courses-and-workshops>

SWIMMERS OF THE MONTH!**APRIL****Junior Nat Boy:****Matthew Brough**

Matthew has shown a great improvement in his training and attitude over the past few months. He has not let up since he has made his decision to be better back in January. His consistency in keeping with this has caught our eye and we now see a constant improvement from him daily. He has become a good example and leader for the boys that are younger in the group. Great job Matthew.

**Junior Nat Girl:****Emma Spence**

Emma has had a great month in April. She attended her first Senior Nationals where she won the B final and broke the 200m Breaststroke (BR) 15-17 & Senior Provincial Record. She backed that up with a strong showing at Westerns where she won a Silver medal for the 200m BR, 5th 100m BR, & 5th 200m IM. Since we have returned from Nationals the coaches have seen a big positive change in her training. We hope to see her keep this up for the rest of the season.

**Rachel Manzon**

Rachel has shown consistent improvement because of her amazing attitude. She always ask questions and tries to understand what she is doing.

Good job Rachel

Prospects Development

Stephanie Adelman

Stephanie works really well, she tries to improve all aspects of her training. Stephanie brings a great sense of humour to each practice along with her efforts and always has fun. She understands that fun didn't mean silly and that you can have fun doing the tough stuff too. Stephanie capped off this month with a great Kick set too. Keep up the good work Stephanie

**Prospects National**

Haydyn Krenbrink

Haydyn is going from strength to strength moving into this part of the swimming season. This is Haydyn 2nd swimmer of the month this season. Haydyn is developing a deeper understanding ideas of pacing and the efforts needed. She is becoming a strong leader and leads by example by always setting up and taking down the equipment .
Keep going Haydyn.

High Performance

Michael McGillivray as swimmer of the month:

Made Canadian Team for Jr World
TOP 8 at Senior Nationals
2 x Gold medals at Westerns



Mark your Calendar!!!

May 10th- Parents Conference 4

May 12th- Cinco de Mayo Cabaret

May 12th- Mass Officials Clinic- information below

May 18th- Team Potluck

May 18th- Schools Out Day Camp -Click to SIGN UP TODAY!

May 24-27th- Cascade Swim Meet- Calgary

June 1st- Michelle Moore Swim Meet